

“Everything you need, for when you need it.”

- Survivalist Expert, K. Keesaman

BUILD YOUR OWN

BUG OUT

BAG

A COMPREHENSIVE LIST FOR WHEN “SHTF”



BugOutBagAcademy.com



Build Your Own Bug Out Bag

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Build Your Own Bug Out Bag

Introduction

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Hi there!

Thanks for signing up for the [BugOutBagAcademy.com](#) email list and for your interest in all things “bug out!”

And If you got here by other means, might we suggest you click to [subscribe now](#) so you don't miss out on all the fun!

We are committed to providing you with the information and resources you need to ensure you're adequately prepared for any disaster that might affect you and your loved ones.

So you want to build your own bug out bag? Read THIS first!

In the following pages you'll find a **carefully curated and researched bug out bag list** of items that you should consider including in your own bug out bag.

For your convenience, we've taken the liberty of directly linking you to some of the best products available online.

As you may already know, bug out bags are prepared in advance of any event that would require its use and are readily accessible in case a disaster strikes.

But...the catch is, we never know where we'll be when a disaster occurs.

Therefore, **it is crucial to have a bug out bag** that is easily and quickly accessible in times of emergency.

Determining what is needed and then assembling a bug out bag, however, we've discovered is quite the daunting task. But don't worry, we've got you covered, so keep reading!

This companion list will help you think through and organize a completely customized bug out bag to suit your every need...

But most importantly, have fun building your personalized bug out bag!

You should take great enjoyment in preparing now - not after it's too late....



Build Your Own Bug Out Bag

How to Use This Checklist

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We can't place enough emphasis on this point: **No two bug out bags are alike.**

Because of this, we reiterate that **you should view this checklist as a set of "recommended guidelines"** for you to build your own bug out bag from.

Chances are if you are a regular reader of www.BugOutBagAcademy.com, this list will make more sense to you than if you came upon this PDF somewhere else.

If you are new to Bug Out Bag Academy, we encourage you now to [check us out](#).

The following list of items has been **carefully reviewed and rigorously tested** in order to ensure it is of the highest quality and of the best value for when the time comes to put all your preparation and training into action.

That said, some products featured might not align with your budgetary or personal needs.

Because of this, **we encourage you to shop around using your best judgement**, and also look to see if you already have some of the items your bug out bag will require.

We believe strongly that bug out bags are a worthwhile investment and will be **worth their weight in gold** if/when the time comes.

Survival is no joke, but we hope to make building your bug out bag an enjoyable experience.

With that in mind, throughout the checklist there will be links that will take you directly to our [Amazon Store](#) where you will find our specific recommendations.

It is our hope that all the time and effort we put into this list will have made it extremely easy and painless for you to check the items off as you go.

We do feel, however, it is important for us to disclose that if you purchase through our links we may receive a slight commission from Amazon as a result. This is to help ensure we can continue to run Bug Out Bag Academy on all cylinders and provide you great content that will help you in your journey to full emergency preparedness.

Regardless of where you end up getting the bug out bag supplies you need, we're glad that you are taking the steps necessary to "Prepare for the Worst and Hope for the Best."

Andrew & Nate
Bug Out Bag Academy

Visit us online at BugOutBagAcademy.com where we'll show you how to select and use these items, and much, much more...



Build Your Own Bug Out Bag

Checklist Part I

[">>> Click to view our recommended items on Amazon <<](#)

Bug Out Bag

- Your BOB of Choice

Water & Hydration

- Drinking Water (3 Liters)
- Collapsible Water Bottle
- Hard Water Bottle
- Metal Water Bottle / Canteen
- Water Filter / Purification System
- Water Purification Tablets (Qty 3)

Food & Food Preparation

- Protein / Energy Bars (Qty 6)
- MREs / Dehydrated Meals (Qty 3)
- Spork
- P-38 Can Opener
- Metal Cooking Pot
- Metal Cup
- Pot Scrubber
- Portable Stove
- Stove Fuel (Qty 8 Tablets)

Clothing

- Lightweight Long Sleeve Shirt
- Pants
- Underwear
- Wool Hiking Socks (Qty 3 pair)
- Medium Weight Fleece

Clothing continued...

- Hat w/ Flex Brim
- Working Gloves
- Rain Poncho
- Shemagh

Shelter & Bedding

- Tarp
- Tent
- Sleeping Bag
- Ground Pad
- Wool Blanket

Fire & Fire Starters

- Ignition Source (Qty 3)
- Tinder (Qty 3)
- Waterproof Storage

First Aid

- First Aid Kit
- Insect Repellant
- Mylar Survival Blanket

Hygiene

- Wet Napkins
- Hand Sanitizer
- All-Purpose Camp Soap
- Hygiene/Signal Mirror
- Small Pack Towel
- Travel Toilet Paper (Qty 2)

[">>> Click to view our recommended items on Amazon <<](#)



Build Your Own Bug Out Bag

Checklist Part II

[">>> Click to view our recommended items on Amazon <<](#)

Tools

- Survival Knife
- Multi-Tool

Lighting

- LED Headlamp
- Mini LED Keychain Light
- Mini LED Light
- Candle

Communications

- Cell Phone
- Crank Power Charger
- Emergency Radio w/ Hand Crank

Survival Document Portfolio

- \$500-\$1000 in Small Bills
- Quarters (Qty 8)
- Local Area Map
- Compass
- Small Note Pad & Pencil
- Emergency Whistle

Protection & Self Defense

- Pepper Spray
- Handgun
- Ammunition (Qty 20-25 rnds)
- Snap Bangs

Miscellaneous

- 550 Parachute Cord (50')
- Cotton Bandana
- Duct Tape (25')
- 55 Gal. Contractor Garbage Bag (Qty 2)
- Resealable Bags (Qty 5, Various Sizes)
- Sunglasses
- N95 Face Mask
- Sewing Kit
- Latex Tubing (3')
- Fishing Kit
- Non-lubricated condoms
- Binoculars (Optional)
- Face Paint
- Military Surplus Survival Wire

[">>> Click to view our recommended items on Amazon <<](#)